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HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

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SUBJECT: "In the Shell" - Information from food specialists of the U. S.

Department of Agriculture

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These days you can stretch a point by looking inside the shell.

That's what food specialists of the U.S. Department of Agriculture say.

The point they are talking about of course, is a red point - one of those valuable tokens you give your grocer when you buy meat.

And the shell? Well, it may be an egg shell or a nut shell. In either case - or maybe we should say in either shell, you get a good alternate for meat. Both eggs and nuts are rich in proteins. Another point in their favor - both are in good supply now.

So take a tip from the food specialists and plan to use chopped hard-cooked eggs or chopped nuts sometimes in the place of meat in your main dishes. Maybe you're already serving egg croquettes which you make from hard-cooked eggs. But have you tried bean pulp and peanut croquettes? Do you ever make a loaf for meatless days from chopped peanuts and carrots? Or have you ever served a loaf made from chopped pecans and rice?

Don't give up macaroni just because you can't always get meat or butter to serve with it. Or because you can't spare points for more cheese right now. Serve macaroni with hard-cooked eggs. To get enough protein in these dishes, you'll need to serve at least one egg for each person.

If you're in the habit of serving meat croquettes and meat loaf, you won't need new recipes for these dishes in which you use eggs or nuts in place of meat. Just use the standard mixture for a meat loaf - cereal, chopped vegetables, bread crumbs and a thick sauce.

Instead of ground meat, use chopped hard-cooked eggs or substitute chopped

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nuts. Notice I say hard-cooked eggs? We don't talk of boiled eggs any more. Cook eggs in hot water, yes. But don't let the water boil. Just let it simmer gently. Like all protein foods, eggs get tough and leathery when you cook them at high heat.

Eggaroni is a dish that food specialists of the U.S. Department of Agriculture make with macaroni and hard cooked eggs. They simply combine a white sauce with the cooked macaroni and the eggs which have been quartered. Allow four to six eggs for six servings. For flavor, the food specialists use minced onion and horseradish. Sounds good, doesn't it? Eggaroni is a time saving dish to serve on a busy day. It's easy to make and you can serve it in the dish it's baked in.

Another egg dish that lends variety and supplies proteins on meatless days is eggs creole. Cook a rice creole by your favorite recipe. Then quarter the hard cooked eggs to serve with it. This calls for an egg for each serving. Instead of hard cooked eggs, you may wish to serve poached eggs with the rice creole.

The vegetables in meat croquettes and meat loaf give them crispness and flavor. You'll find these same vegetables - celery, green peppers and carrots - are good in nut croquettes. Minced onion gives a good flavor to your egg croquettes and celery will add crispness.

There'll be times when you can stretch your red points by using eggs or nuts as extenders rather than to take the place of the meat.

One way of making your meat go further is to serve it with a stuffing. Certainly a stuffing that has nuts in it is more rich in proteins than one without them. What nuts for stuffing? Well, chestnuts are time-honored for that purpose. Other nuts are becoming just as popular...pecans...blanched almonds...walnuts... Any of these add richness and flavor to meat stuffing.

The trick of letting the whole family share in the last little bit of meat that's left from a ham or a roast is to extend it by adding to an egg dish. Put it in a dish of creamed eggs...in an omelet...or in scrambled eggs.

If you're like thousands of busy homemakers these days, you serve simple suppers two or three times a week and nearly always on Sunday night.

That means sandwiches with milk or with hot chocolate. Here again, you may often use nuts or eggs to take the place of meat.

There are all sorts of tasty combinations for egg sandwiches. Do you ever mix scrambled eggs with catsup to make a sandwich spread? This is good either hot or cold. If you don't have catsup, use cooked tomatoes.

Chopped pickle with chopped hard-cooked eggs is an old favorite. You use salad dressing or mayonnaise to blend this spread together.

And here's one that combines a nut product with a poached egg. Spread slices of toast with peanut butter. Then add a slice of tomato that you've rolled in bread crumbs and fried in a little fat. Top this sandwich with a poached egg and serve hot.

The children will like sandwiches spread with chopped nuts, honey and chopped whole orange. Or you may combine chopped nuts with chopped raisins and chopped dates. Season this spread with lemon juice.

No question about it, there are many ways to stretch the red point if you look inside the shell.



